

# Children, Youth & Family Consortium

## CYFC Monthly

### CYFC Monthly – December 2012

#### CYFC's Children's Mental Health

This month, we take a look at how Extension CYFC's children's mental health work promotes strong, effective connections between research, practice and policy with the goal of optimizing mental health for all children. Through an approach that emphasizes interdisciplinary learning and an ecological understanding of the developing child, we work to engage professionals from many perspectives and cultures in order to create the most effective services for children.

This work requires first an understanding that all children have a state of mental health, and all can benefit from programs, institutions and providers that offer promotion and prevention as well as intervention and treatment. Through our [Lessons from the Field](#) seminar series, we provide training to groups of providers at host sites throughout Minnesota. Seminar topics reflect issues of significance for all professionals working with children, not just licensed clinicians, and emphasize the need for interventions that optimize mental health for all children, not just those with diagnoses. By engaging University and community leaders with expertise in broad topics such as attachment, aggression, homelessness, and our [current work on historical trauma](#), we can strengthen practices and policies in ways that benefit all children.

The mental health needs of children and their families can be complex. The problems children face require solutions that integrate the best of multiple areas of inquiry and diverse ways of knowing, so interventions must be interdisciplinary. There are important challenges within the systems of professionals providing services for children - fragmented service delivery systems, limited funding, competition between organizations, lack of awareness of other professionals serving the same family, and disincentives for interdisciplinary collaboration. By training professionals and graduate students about the research, theories and approaches of many service disciplines, we begin to break down some of these barriers and promote interdisciplinary perspectives and interventions. By using [online case studies](#) to illustrate points of intervention throughout a child's development, we also demonstrate how prevention can happen at any point in a child's life.

Research in the field of children's mental health has been growing rapidly over the past several decades. Because much of it has implications for improving practice, research and practice should inform one another in order to treat children well. Social workers, educators, physicians, policy professionals and others are engaged in direct service, often with high caseloads, and need easy access to research as well as practical ideas regarding its application. The [Children's Mental Health eReview](#) helps bridge this gap by offering cutting edge research and specific ideas about practical intervention. Each issue features a review of current published research and a collection of responses from practitioners and policy professionals about effective ways to use that research in specific settings. Guest research and practice authors participate in writing each issue.

The gap between children's mental health research and practice is perhaps particularly wide for issues of significance to communities of color. CYFC embraces and respects the various experiences, perspectives,

knowledge and values reflected among our partners of various cultures and ethnicities. Promoting engagement among researchers and practitioners of color is particularly important in order to build trust, identify effective practices and policies, and produce useable research. We support research that informs practice in communities of color, as well as effective practices within different cultural groups that have implications for research. One way we support this work is through the [Cultural Providers Network](#), a coalition of providers for children and families of color, institutions of higher learning and Minnesota policy professionals. The group works to build and sustain a network of diverse communities and organizations in order to promote policies, practices, standards and research that improve the health of children.

Cari Michaels

Children's Mental Health Lead

## Consortium News

### **Lessons from the Field Trauma Series**

The Lessons from the Field event on October 18th, 2012 featured four wise and wonderful women who shared research, clinical, and personal accounts about historical and generational trauma. Over 300 people from all over Minnesota participated in the event; one participant commented that she'll never approach her work in quite the same way again. January's Lessons from the Field [registration](#) is now open!

Understanding Immigration and Refugee Trauma

Date: January 17, 2013

Time: 9:00 a.m. - 12:30 p.m.

Location: McNamara Alumni Center and broadcast live to sites in Greater Minnesota

Immigrant populations are expected to increase throughout Minnesota over the next 25 years. How do child and adolescent professionals address health and education inequities and health disparities in ways that promote mental health, personal safety, and educational success for immigrant children and youth? Presenters will discuss traumatic stresses associated with immigration along with approaches and interventions, such as a photo-voice project with Hispanic youth, that promote mental health.

### **Interdisciplinary Wonder Years Field Experience**

On November 15, CYFC hosted an interdisciplinary Wonder Years field experience bringing over forty child welfare graduate students, law students, and faculty/staff together at the Science Museum of Minnesota. The group visited the exhibit, then participated in facilitated small group discussions about how exhibit messages may inform their work or scholarly activities. The learning event was a collaboration between three University units: Extension CYFC, Center for Advanced Studies in Child Welfare, and the Law School.

CYFC is currently organizing spring field experiences. To request more information or to set up a field experience for your university students, please email [Sara Benning](#) or [Sara Langworthy](#).

## University and Community Announcements

### **Using the Internet for Parent Education — Research Update for Professionals**

University of Minnesota Extension Center for Family Development

Date: Available through April 20, 2013

Location: Online

Cost: \$50, includes 4 clock hours

Learn more about using the Internet for parent education through this online workshop. Professionals will learn ways parents use the Internet, the differences in Internet use by age, gender, socio-economic status and other demographic variables, current research on professional incorporation of technology into parent education, and more. Visit [University of Minnesota Extension](http://www.extension.umn.edu/family/cyfc/publications/cyfc-monthly/2012/dec/) for more information and to register.

### **Equitable Transitions to Adulthood: Issues of Cultural and Social Capital Webinar**

Association of University Centers on Disabilities

Date: December 12, 2012

Time: 2:00 - 3:00 p.m.

Location: Online

Cost: Free

Dr. Audrey Trainor, Associate Professor of Special Education at the University of Wisconsin-Madison, will discuss preparing youth with disabilities for life beyond the classroom. She will identify specific types of cultural and social capital relevant to special education, discuss their potential to impact positive school outcomes and address implications for research and practice that take into consideration culture and diversity. More information and registration are available at the Association of University Centers on Disabilities [no longer active].

### **ADHD Support Group**

District 622

Date: December 10, 2012

Time: 6:30 - 8:30 p.m.

Location: District Education Center

2520 E. 12th Avenue

N. St. Paul, MN

This free community group is for adults involved in the lives of children diagnosed with ADHD to gain support and information through group discussions and guest lectures. All are welcome including those outside District 622, and CEU's are available. The next meeting will feature Dr. Chris Bedford, Ph.D., from the Clinic for Attention, Learning and Memory (CALM). He will talk about functions such as working memory, planning and inhibition and their relationship to attention deficit disorder. Call Sarah Lilja at 651-784-7585 with any questions.

### **Speaking of Trauma: Strategies for Avoiding Retraumatization**

The Refugee Resilience Project

Date: December 5, 2012

Time: 12:00 - 1:30 p.m.

Location: Online

Cost: \$25, CEU's available

Sue Johnston, LICSW, a clinician in a private psychotherapy practice who has specialized training and experience working with refugee trauma, and Thea Lea, LMFT and Somatic Experiencing Practitioner, will present "Speaking of Trauma". This webinar will offer healing strategies for traumatized refugees and their families and help participants determine when and why traumatic events should or should not be discussed

with refugee clients. It will explain how retraumatization occurs in common interactions with those helping them in the US and what can be done to avoid retraumatization. Details and registration are available at the Refugee Resilience Project. [no longer active]

### Search Institute Office Space

The Search Institute would like to sublet part of its office space in the Banks Building on First Avenue NE to other organizations that are focused on education, youth development or other broadly related fields. Search can make available a total of 3,200 square feet in their immediate office suite (and another 3,000 feet is available next door). The space includes 10 offices and room for about 7-10 cubicles and one large conference room that can seat up to 10 people. A single organization could sublease all of that space or multiple organizations could sublease parts of it. Search has office furniture and cubicles that the new partner organization(s) could use, as well as technology and office support. Search would be glad to provide anyone who is interested with more information and to show you around the space. Please contact the Vice President for Administration and Communications, [Tim Showalter-Loch](#) (612-399-0206) for more information.

### Job Opportunities

- Minnesota Child Care Resource & Referral Network, Parent Aware Rating Supervisor [no longer active]
- Scott-Carver-Dakota CAP Agency, Dakota Healthy Families Home Visitor [no longer active]

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